

VISIT...

LANZAROTE
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Bean and Sausage Soup

1 C. dried small white beans
1 (28oz) can diced peeled tomatoes
2 (14-1/2 oz. cans chicken broth
1 onion chopped
2 garlic cloves minced
1 (10 -OZ PKG. FROZEN CHOPPED SPINACH THAWED NOT DRAINED
1 tbs dried basil
1/2 freshly ground pepper
1/2 lb. turkey sausage halved lengthwise and thinly sliced seasoned :salt

in a 4 to 5 QT. slow cooker mix beans tomatoes with their liquid, broth, onion, garlic, spinach, basil and pepper.

2. cover and cook on low heat 8 to 9 hrs. or until beans are tender. Stir in turkey sausages and add seasoned salt to taste cover and cook 30 minutes longer or until sausage is heated through.

Beef Borscht

1 lb. lean boneless beef chuck or beef top round steak trimmed of fat and cut in 1/2 in to 3/4 in cubes
4C. water
1 (14-1/2 OZ) can diced peeled tomatoes
1 large onion, chopped
4 large carrots, peeled and sliced
4 c. shredded green cabbage (1/2 of a small head)
1 (12oz.) can tomato paste
1/2 ts garlic powder
3 med fresh beets, peeled and cut into 1/2 in. cubes
3/4 ts seasoned salt
1/4 ts pepper
sour cream or yogurt for garnish

1. in a 5 qt. cooker mix all ingredients but the sour cream/yogurt.
cover and cook on low heat for 7 to 8 hrs. or until the meat is tender. serve in soup bowls , topped with a dollop of sour cream or yogurt.

Clam Chowder

1 onion chopped
2 celery ribs sliced
2 oz pancetta or lean bacon crumbled
1/4 C. flour
1-1/2 C. cold water
1-1/4 lb russet potatoes (about 4 med.) peeled and cut into small cubes
3/4 ts dried thyme
2 (6-1/2oz) cans chopped minced clams
2C half n half
1/4 to 1/2 ts seasoned salt
1/4 ts pepper
chopped fresh parsley for garnish

1. in a 3 1/2 qt slowcooker on the low setting
combine onion, celery, and pancetta.
2. whisk the flour into 1/2 c. of cold water. stir in the remaining 1 c. water and add potatoes and thyme.

3. drain liquid from clams into the cookerrefridgeerate clams

4cover and cook on low heat setting about 6hrs. stirring once in a while if posable untill the potatoesare tender but not mushy.

5. increase the heat setting to high stir in the reserved clams half-n-half,seasoned salt pepper cook uncovered on high for 30 to 40 minutes stirring occasionally serve hot tith sprinkling of parsley.